

Woman's Interests

Household Children Cooking Fashion

Sister Mary's KITCHEN

In the kitchen of her own home Sister Mary cooks daily for a family of four adults. She brought to her kitchen an understanding of the chemistry of cooking, gained from study of domestic science in a state university. Consequently the advice she offers is a happy combination of theory and practice. Every recipe she gives is her own, first tried out and served at her family table.

Don't neglect to serve some sort of greens nearly every day during the spring months. There are many wild herbs that our great-grandmothers used. When these weeds are very young they are tender and delicious.

Few people consider dock, purslane or cowslips as being edible. We think spinach and dandelions and beet tops constitute the category of our greens.

For children it is especially necessary to furnish plenty of fresh vegetables. Spinach may even be served for breakfast with a poached egg.

The vegetable in season is always the best food for the body.

Menu for Tomorrow
Breakfast—Orange juice, spinach with poached egg on toast, coffee.
Luncheon—Vegetable soup, toasted crackers, strawberry shortcake, tea.
Dinner—Breaded veal cutlets, new potatoes, new carrots, watercress salad, orange pudding, coffee.

My Own Recipes
Strawberry shortcake to be really appreciated should not follow a hearty meal. The shortcake furnishes a large amount of nourishment and is a heavy dessert. However, it is too good to do without and is nice to serve for luncheon with a nourishing soup.

Spinach With Poached Egg
4 pounds spinach.
4 eggs.
2 squares toast.
Butter.
Wash spinach carefully and cook in its own juice. When almost done add 1 teaspoon salt. Drain and chop. Put on a piece of hot toast, make a depression in the center. Pour over melted butter. Fill hollow with poached egg. Put a dot of butter on top of egg and sprinkle with salt and pepper. Serve very hot and use plenty of butter on the spinach.

Strawberry Shortcake
1 quart strawberries.
1 1/2 cups flour.
2 teaspoons baking powder.
2 tablespoons butter.
1 tablespoon sugar.
Water.
Mix and sift dry ingredients. Rub in butter. Cut in water with a knife. Use enough water to make a soft dough. The water and butter make a more tender crust than hard and milk. Do not roll, but put in a buttered and floured pie dish to bake. Bake about 15 minutes in a hot oven. Split and spread with butter. Add strawberries crushed and sweetened. Put on top and cover with whole berries. Serve at once with sugar and cream.

There would be some point to that story about Lot's wife if she'd been turned into a pillar of sugar.

Confessions of a Bride

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THE BOOK OF ANN
Chrys and I Can See Through All of Ann's Silly Shams

Some things stick in my mind, not because I want them there, but because they have made a deeper impression on my gray matter than better things have done. I would like to see and remember nothing but the beauty of the world, but I find that ugliness which I particularly do not want to remember often makes a deeper impression than some delicate piece of art or a bit of poetry which I would like not to forget.

I do not like to see only the flaws in Ann's character, nevertheless they are too conspicuous to overlook.

Her laziness is a naive expression of her real self. She doesn't even consider it a fault. She has never lived in a well ordered house, I suppose.

But she "has gone to college." She is fond of repeating that. She graduated from a business school and held some kind of an office position. It is plain that she has a mind which can be trained. And it seems a pity that

Clever Use of Taffeta Makes Youthful Frock



BY CORA MOORE.

New York's Fashion Authority NEW YORK—Taffeta is so cleverly used this season that its popularity is not at all surprising. Once upon a time it was considered an "old" material. Now it is, perhaps more than other fabrics, youthful, due to the skill of designers in evolving skillful touches, such touches, for example, as are shown in this effective frock that Ina Claire wears in "The Gold Diggers" at the Belasco theater.

The petticoat is draped and given a decoration of applique roses and ribbon underneath a full skirt of tulle. The bodice, with its shallow neck and shoulder-sleeves, is simply a little "round" affair, gathered a bit about the waistline into a shirred banding two inches wide.

This shirred figure is a waist-band and sash tied carefully at one side, with one edge unsecured so that it is free to flare, it is sewed into the armholes to serve as an apology for sleeves.

her mother hasn't trained her to keep her stockings off from the floor, and her corset inside instead of outside her bureau.

To know all is to forgive all, they say. It was some time before we knew much about Ann. Jim told Bob, and Bob told me, and I told Chrys, a few things about her bringing up which explained Ann, but even so, I couldn't forgive her slovenly habits.

Her mother never had had time to train her. Her mother had been an actress and never had had a home to keep.

"And now Mrs. Best is in the movies!" Bob ended his apology for Ann with this stunning blow.

"Jim will soon get her out of that profession," said I. "Lately she was dependent a long time owing to some illness. Now she insists that she is going to support herself as many years as she can."

"The worst predicament the Lormers were ever in!" I exclaimed. "Imagine the woman whom our Jim

ADVENTURES OF THE TWINS

by Olive Roberts Barton

BEN BUNNY IN TROUBLE

After Ben Bunny had explained to his wife that he had traded his long ears for Scramble Squirrel's bushy tail, he decided to go out and learn how to climb a tree. "Surely," he muttered as he hopped along, for Nancy and Nick heard him, "I can climb now with those big ears off the top of my head and this nice tail to balance me." He hadn't noticed on his way out of his house that his tail had knocked over two chairs, and pushed all the pictures crooked. It kept Mrs. Bunny a whole day doing out the house again!

Ben decided on a hickory-nut tree to make his attempt at climbing, but try as he would he couldn't get up any higher than a few inches.

"Shucks," he said finally. "This tail's no good! It's heavy and it pulls me down. Oh, goodness! There's Fleet the Fox. Funny I didn't hear him before."



"Oh, goodness! There's Fleet the Fox. Funny, I didn't hear him before."

How did he ever get so near? I'll have to hurry like hell now." Off he scampered to an old tangle of briars he knew about. He knew, too, if he'd get there he'd be pretty safe. He grinned a satisfied smile as he thought of something else too.

"Wasn't I wise to get rid of my ears, thought!" he chuckled, running like anything. "They won't give me away now, as they used to, for they're safe on Scramble Squirrel's head."

He flopped into the thicket just in time, for Fleet was right at his heels. But perhaps you've guessed what happened. Ben had completely forgotten all about his bushy tail which was sticking out behind him, and Fleet Fox grabbed it and bit off a good sized piece.

"Ouch!" cried the bunny shivering with fright at his narrow escape. "I don't like this tail at all, and I want my ears back! I shall go and see Scramble tomorrow."

Nancy and Nick hurried back to Scrub-Up Land to tell Rubadub the fairyman.

must call "mother" jumping around at the order of a movie director. It's unthinkable. It's so undignified. Mrs. Best can't expect to go on—with the Lorimer wealth behind her son-in-law."

I gasped. "The results of her 'jumping around' are quite dignified, my dear. You've seen Mrs. Best as the gracious mother of the rich film hero many a time. She makes quite a charming dowager in English scenes, but she is most in demand as the devoted material relative of ex-convicts."

I suppose all this accounts for Ann's not knowing how to keep her room tidy, and for her indifference to a daily bath; also for her uncanny knowledge of the best route to buy and how to apply it so that Jim and Bob and daddy can't detect it.

But Chrys and I can. We can see through all of her silly shams. The affections are not important, but the fact that Chrys and I see them—that is important—one of the wedges which will rend the happy tribe of Lorimer some day.

Ann was so obsessed with her success with the boys and daddy that she didn't perceive how completely she had failed with us women. That was another important mistake, but she couldn't understand it, because in her scheme of life every woman is for herself as against all other women. Only men count their wrinkles—if they see them at all.

I couldn't picture Ann as old and faded. I couldn't picture myself that way. I had always seen myself, at 70, as a gracious white-haired beauty, something like a Watteau grande dame, surrounded by lovely grandchildren.

There was a point which hurt. One couldn't have grandchildren unless one had a son or a daughter.

What if Ann provided the Lorimers with an heir before I did? (To be continued.)

Suffrage Leader Is Sure of Delaware



DOVER, Del.—Mrs. Lawrence Lewis, ratification chairman of the National Woman's party, has been in Dover since the state legislature convened March 22. She is confident that Delaware will ratify the suffrage amendment. The senate already has adopted the ratification resolution.

"We will keep right on working to get the necessary votes to win in the house," says Mrs. Lewis. "We lacked 10 votes in the house at first. We expect the last signature necessary to ratification to be signed in the same state house where the first signature was affixed to the federal constitution."

The Delaware house convened again May 17.

keep the feet dry and free from perspiration.

Hot Compress Helps
Bunions are generally caused by shoes that do not fit. A remedy for this is to get shoes that are long and wide enough and have a flat heel. For an inflamed bunion, a hot foot bath followed by a hot compress of witch-hazel, will help. Another thing that will relieve the pain is painting of the bunion with iodine. The displaced joint may be worked back in place in its early stages by manipulation of the toe to strengthen the muscles.

Do Not Cut Corns
Great care must be taken not to cut into corns. Corns that need cutting should be treated by a chiropodist. Many persons who have been careless in cleaning out the cut and covering it, have had severe cases of blood poison.

It is almost as harmful to use the scissors improperly on the feet. The nails should be cut square across and

not rounded. The spongy substance under the toe nail should not be cut away because it prevents the nail growing into the quick. Neither should the cuticle be cut as it will make the foot sore.

STUCK TO HIS FEET
Food Controller Hoover said at a Washington reception:

"We must economize our food, or we'll get as short as some of our allies across the water."

"In a restaurant over there a man said, when his coffee was brought, 'Hey, there, waiter, where's my portion of sugar?'"

"Oh, la, la," said the waiter. "It must be that accursed fly again, monsieur. Every time I serve a portion of sugar, up he sneaks and swipes it!"—Detroit Free Press.

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The Royal Gets More Dirt

NOTICE—Our regular ironing demonstration will be held this afternoon from 2 to 5 P. M. All interested in the problem of getting the ironing done with more ease and speed are invited to attend.

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Simple Home Treatment for Aching Feet

Callous spots on the feet are often confused with corns. The callous spots should not be treated with a knife. After soaking the feet in hot water to which a large piece of ordinary washing soda has been added, rub the calluses with pumice stone. This should be done at least twice a week. If this treatment is not effective soak some absorbent cotton in crude petroleum and bind it on the callous spot overnight. Rub with pumice stone the next morning.

To treat soft corns between the toes, dust sulphur on the afflicted part and



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